JEFFERSON SWIM LEAGUE PARENT VOLUNTEER ROSTER APPENDIX A

(Revised June 1, 2006) (Revised 2006)

Day of Meet _____ Location of Meet _____

Date of Meet _____ Opponent _____

Starting Time of Meet _____ * indicates needed for HOME MEETS ONLY

POSITION NEEDED		PARENT VOLUNTEER (Begin) / (Relief)	ARRIVAL TIME (Begin) / (Relief)
Meet Director		_____	_____
Referee		_____	_____
Starter/Announcer	1)	*_____ / _____*	_____ / _____
Clerk-of-Course	1)	_____ / _____	_____ / _____
	2)	_____ / _____	_____ / _____
Stroke-&-Turn Judges	1)	_____ / _____	_____ / _____
	2)	_____ / _____	_____ / _____
	3)	*_____ / _____*	_____ / _____
Sweep Judges	1)	_____ / _____	_____ / _____
	2)	_____ / _____	_____ / _____
Head Timer	1)	*_____ / _____*	_____ / _____
Lane Timers	1)	_____ / _____	_____ / _____
(Number needed	2)	_____ / _____	_____ / _____
varies with number	3)	_____ / _____	_____ / _____
of lanes in pool;	4)	_____ / _____	_____ / _____
total = 3/lane)	5)	_____ / _____	_____ / _____
	6)	_____ / _____	_____ / _____
	7)	_____ / _____	_____ / _____
	8)	_____ / _____	_____ / _____
	9)	_____ / _____	_____ / _____
	10)	_____ / _____	_____ / _____
	11)	_____ / _____	_____ / _____
	12)	_____ / _____	_____ / _____
	13)	_____ / _____	_____ / _____
	14)	_____ / _____	_____ / _____
	15)	_____ / _____	_____ / _____
	16)	_____ / _____	_____ / _____
	17)	_____ / _____	_____ / _____
	18)	_____ / _____	_____ / _____
	19)	_____ / _____	_____ / _____
	20)	_____ / _____	_____ / _____
	21)	_____ / _____	_____ / _____
	22)	_____ / _____	_____ / _____
	23)	_____ / _____	_____ / _____
	24)	_____ / _____	_____ / _____
False Start Rope	1)	*_____ / _____*	_____ / _____
Head of Table	1)	*_____ / _____*	_____ / _____
Sorter	1)	_____ / _____	_____ / _____
	2)	_____ / _____*	_____ / _____
Computer Operator	1)	_____ / _____	_____ / _____
Computer Assistant	2)	_____ / _____	_____ / _____
Backup checker	1)	_____ / _____	_____ / _____
	2)	_____ / _____*	_____ / _____
Awards	1)	_____ / _____	_____ / _____
	2)	_____ / _____	_____ / _____
Refreshments	1)	*_____ / _____*	_____ / _____
Runners	1)	*_____ / _____*	_____ / _____
	2)	*_____ / _____*	_____ / _____
Meet Marshal	1)	*_____ / _____*	_____ / _____

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APPENDIX B
(Revised, 2001)

FCC@BHSC - 07/19/2000
Meet Program - Wednesday Evening Event

1P Mixed 6 & Under 100 SC Meter Freestyle Re

Lane	Team	Relay	Seed Time
Heat 1 Finals			
	1	FCC-VA	B NT
	2	BHSC-VA	A NT
	3	FCC-VA	A 2:01.24
	4	FCC-VA	C NT
	5	BHSC-VA	B NT

Event 3 Boys 9-10 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 Finals				
	2 Dittmar, Will	10	FCC-VA	NT
	3 Tungate, Robert M	9	BHSC-VA	NT
	4 Graham, Kyle C	9	BHSC-VA	NT
Heat 2 Finals				
	1 Snyder, Jeffrey A	9	FCC-VA	NT
	2 Thomasson, Jack	10	FCC-VA	NT
	3 Wells, Carter L	10	FCC-VA	1:44.46
	4 Cooke, David F	9	FCC-VA	2:02.53
	5 Haar, Fred H	9	FCC-VA	NT
Heat 3 Finals				
	1 Graff, Simon	9	BHSC-VA	1:41.78
	3 Spinosa, Michael D	10	BHSC-VA	1:32.98
	4 Timko, Matthew O	9	FCC-VA	1:36.29
	5 Luck, William A	10	BHSC-VA	1:40.71
	6 Kessler, Kyle D	10	FCC-VA	1:44.40

Event 4 Girls 9-10 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 Finals				
	2 Turner, Caroline R	9	BHSC-VA	NT
	3 Johnson, Jeanie A	10	BHSC-VA	NT
	4 Wright, Alice E	10	FCC-VA	NT
Heat 2 Finals				
	2 Graham, Scout C	10	BHSC-VA	NT
	3 Wilson, Lauren	10	BHSC-VA	NT
	4 Schwartz, Mary F	9	BHSC-VA	NT
	5 Blackwell, Brooke A	9	BHSC-VA	NT
Heat 3 Finals				
	1 Kennedy, Jamie	10	FCC-VA	NT
	2 DeBUTTS, Sunny	10	FCC-VA	1:49.20
	3 Little, Liza S	9	FCC-VA	1:40.63
	4 Thomas, Brea	9	BHSC-VA	1:45.27
	5 Nicholaou, Effie L	9	BHSC-VA	2:03.63
	6 Brightwell, Elizabeth K	9	FCC-VA	NT

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APPENDIX B1
(Revised, 2001)

Licensed To: Jefferson Swim League 05/28/2001 Page 1

FCC@BHSC - 07/19/2000

Session Report Session: 1 Wednesday Evening

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 45 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1P Mixed 6 & Under 100 Freestyle Relay	5	1	05:00 PM	_____
Finals	3 Boys 9-10 100 IM	13	3	05:03 PM	_____
Finals	4 Girls 9-10 100 IM	13	3	05:11 PM	_____
Finals	5 Boys 11-12 100 IM	6	1	05:18 PM	_____
Finals	6 Girls 11-12 100 IM	12	3	05:21 PM	_____
Finals	7 Boys 13-14 100 IM	6	1	05:28 PM	_____
Finals	8 Girls 13-14 100 IM	11	2	05:30 PM	_____
Finals	9 Men 15-18 100 IM	7	2	05:35 PM	_____
Finals	10 Women 15-18 100 IM	2	1	05:40 PM	_____
Finals	11 Boys 8 & Under 100 Medley Relay	4	1	05:42 PM	_____
Finals	12 Girls 8 & Under 100 Medley Relay	4	1	05:44 PM	_____
Finals	13 Boys 9-10 200 Medley Relay	3	1	05:47 PM	_____
Finals	14 Girls 9-10 200 Medley Relay	5	1	05:51 PM	_____
Finals	15 Boys 11-12 200 Medley Relay	2	1	05:55 PM	_____
Finals	16 Girls 11-12 200 Medley Relay	4	1	05:58 PM	_____
Finals	17 Boys 13-14 200 Medley Relay	2	1	06:02 PM	_____
Finals	18 Girls 13-14 200 Medley Relay	2	1	06:06 PM	_____
Finals	19 Men 15-18 200 Medley Relay	3	1	06:10 PM	_____
Finals	20 Women 15-18 200 Medley Relay	2	1	06:13 PM	_____
Finals	21P Boys 6 & Under 25 Freestyle	20	5	06:17 PM	_____
Finals	22P Girls 6 & Under 25 Freestyle	14	4	06:22 PM	_____
Finals	21 Boys 8 & Under 25 Freestyle	19	5	06:27 PM	_____
Finals	22 Girls 8 & Under 25 Freestyle	38	8	06:32 PM	_____
Finals	23 Boys 9-10 50 Freestyle	22	5	06:42 PM	_____
Finals	24 Girls 9-10 50 Freestyle	24	6	06:50 PM	_____
Finals	25 Boys 11-12 50 Freestyle	5	1	06:58 PM	_____
Finals	26 Girls 11-12 50 Freestyle	27	5	07:00 PM	_____
Finals	27 Boys 13-14 50 Freestyle	7	2	07:07 PM	_____
Finals	28 Girls 13-14 50 Freestyle	11	2	07:10 PM	_____
Finals	29 Men 15-18 50 Freestyle	13	3	07:13 PM	_____
Finals	30 Women 15-18 50 Freestyle	4	1	07:17 PM	_____
Finals	31 Boys 8 & Under 25 Butterfly	8	2	07:18 PM	_____
Finals	32 Girls 8 & Under 25 Butterfly	12	2	07:21 PM	_____
Finals	33 Boys 9-10 50 Butterfly	9	2	07:24 PM	_____
Finals	34 Girls 9-10 50 Butterfly	11	2	07:27 PM	_____

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APPENDIX C
(Revised June 1, 2006)

JSL "DQ" Slip

SWIMMER B Asinboy

TEAM BHSC **EVENT** 33

HEAT 4 **LANE** 3

JUDGE Bob G **REFEREE** FLB

INDIVIDUAL MEDLEY (Events 3-10)

___ **ILLEGAL STROKE** - noted in stroke section

___**ILLEGAL START / FINISH** - (Note under Stroke)
Fly-to-Bck___ Bck-to-Brst___ Brst-to-Free___

___ **OUT OF SEQUENCE** (Fly,Bk,Brst,Fr = OK)

MEDLEY RELAY (Events 11-20)

___ **ILLEGAL STROKE** - noted in stroke section

___ **OUT OF SEQUENCE** (Bk,Brst,Fly,Fr = OK)

___ **EARLY TAKE-OFF**, Swimmer # _____

SHORT FREESTYLE (Events 21-30)

___ **HEAD DIDN'T BREAK SURFACE** by 15m

___ **NO TOUCH at TURN**

___ **OTHER** _____

BUTTERFLY (Events 31-40)

DURING Start___ Swim___ Turn___ Finish___

___ **HEAD** DIDN'T BREAK SURFACE by 15m

___ **ARMS** - Undrwtr recovery___ Non Sim___

X **KICK** - Alternate___ Breast X Scissors___

___ **SHOULDERS** - NOT AT / PAST VERTICAL
TOWARD THE BREAST

___ **TOUCH** - 1-hand___ Non-Sim___ No___

___ **OTHER** _____

BACKSTROKE (Events 41-50)

DURING Start___ Swim___ Turn___ Finish___

___ **TOES** OVER LIP OF GUTTER

___ **HEAD** DIDN'T BREAK SURFACE by 15m

___ **NOT ON BACK**

___ **NON-CONTINUOUS TURNING MOTION**
Extra Strokes___
Turning did not begin at end of pull___
Glided (with or without kick) prior to pull___

___ **NO TOUCH** at TURN

___ **OTHER**_____

BREASTSTROKE (Events 51-60)

DURING Start___ Swim___ Turn___ Finish___

___**ARMS** - Non Sim__ Not on Same Horz Pl__
Hands past Hips __ Elbows over water__

___**KICK** - Alternate___ Fly___ Scissors___
Feet not turned outward___

___**CYCLE** - Kick before pull___ Double pull__
Double kick___ Head not up___

___**HEAD** - NOT UP BY WIDEST PART
OF SECOND STROKE

___**BODY** - NOT ON BREAST

___**TOUCH** - 1-hand___ Non-Sim___ No___

___**OTHER** _____

LONG FREESTYLE (Events 61-70)

___**HEAD** DIDN'T BREAK SURFACE by 15 m

___**NO TOUCH** at TURN #___

___**OTHER** _____

FREE RELAY (Events P1 & 71-80)

___**EARLY TAKE-OFF**, Swimmer # _____

___**HEAD** DIDN'T BREAK SURFACE by 15 m

___**NO TOUCH** at TURN

___**OTHER** _____

FALSE STARTS, OTHER

___**MORE THAN 1 false start**

___**DELAY OF MEET**

___**DID NOT FINISH**

RELAY TAKE-OFF

SWIMMER #	#2	#3	#4
	(O = OK - X = NO)		
LANE # 1	_____	_____	_____
LANE # 2	_____	_____	_____
LANE # 3	_____	_____	_____
LANE # 4	_____	_____	_____
LANE # 5	_____	_____	_____
LANE # 6	_____	_____	_____
LANE # 7	_____	_____	_____
LANE # 8	_____	_____	_____
LANE # 9	_____	_____	_____
LANE # 10	_____	_____	_____

POSITION: Side_____ Lane_____

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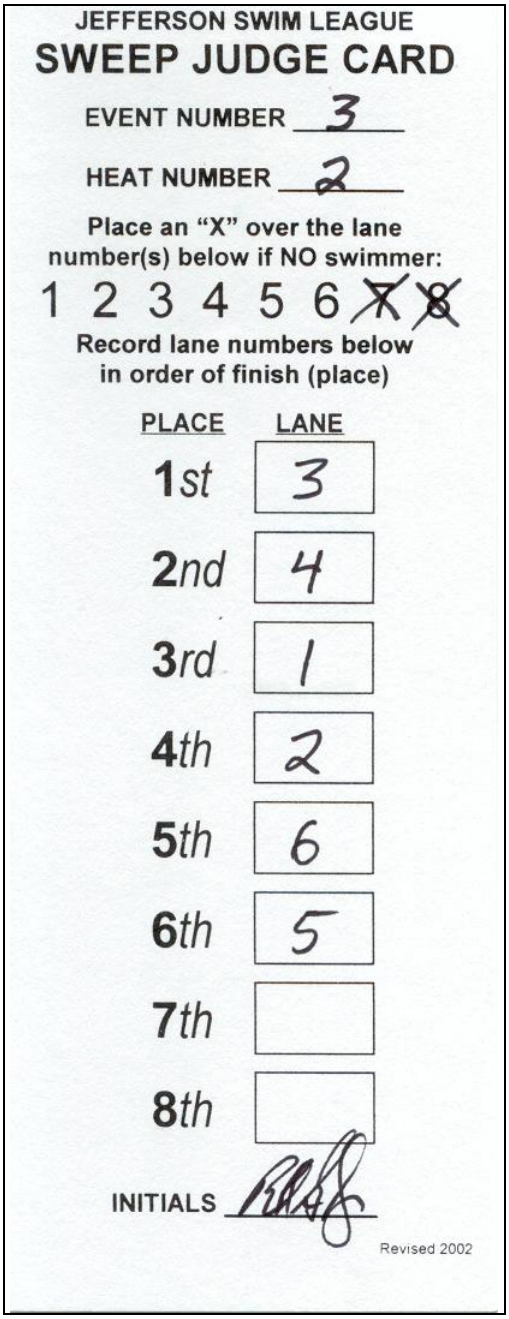
APPENDIX D
(Revised 2005)

This properly completed Sweep Judge Card for Event #3, Heat #2, shows that there were NO swimmers in lanes 7 & 8 at the start of the race ("X's" placed over lane numbers 7 & 8 at the top). The order of finish has been recorded as the swimmer in lane 3 finishing first, lane 4 finishing second, lane 1 finishing third, lane 2 finishing fourth, etc.

Additional designations for difficult finishes include:
Ties = connect places and lane boxes with brackets and write the word "tie" within the brackets
Didn't see finish = place a question mark "?" in lane box (do NOT guess at finish)
Swimmer did not finish = write "DNF" beside lane box containing that swimmer's lane position



JEFFERSON SWIM LEAGUE

SWEEP JUDGE CARD

EVENT NUMBER 3

HEAT NUMBER 2

Place an "X" over the lane number(s) below if NO swimmer:

1 2 3 4 5 6 ~~7~~ ~~8~~

Record lane numbers below in order of finish (place)

PLACE	LANE
1st	3
2nd	4
3rd	1
4th	2
5th	6
6th	5
7th	
8th	

INITIALS

Revised 2002

(Printed as White Card)

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APPENDIX E
(Revised 2001)

JEFFERSON SWIM LEAGUE BOYS EVENT TIMERS CARD

1st 2nd 3rd 4th 5th 6th 7th 8th

HW JD TIE DQ UNO

Ribbon Only Ribbon & Point

Table Use Only - Circle

JEFFERSON SWIM LEAGUE
BOYS EVENT TIMERS CARD

Event # | Heat # | Lane #

25 50 100 200

IM MR Free Fly Back Breast FR

Mite 6&U 8&U | Midget 9-10 | Jr 11-12 | Int 13-14 | Sr 15-18

Swimmer _____

Team _____

Timers Only — Min: Sec. Fraction

Initials

____: ____.____

____: ____.____

____: ____.____

Table Only — 2)

____: ____.____

____: ____.____

⇒ **This section for Table use ONLY**.
Used to mark official place or other information by circling appropriately

⇒ **This section for Clerk-of-Course ONLY**
If timing sticker NOT available, fill in event, heat, and lane numbers

⇒ **This section for Coach ONLY**
If timing sticker NOT available, circle distance, stroke, age group, and fill in Swimmer Name and Team

⇒ **This section for Timers ONLY**
Fill in each timer's time and one initial

⇒ **This section for Table use ONLY**
Use to average if only 2 times available

Printed as Light Blue Card

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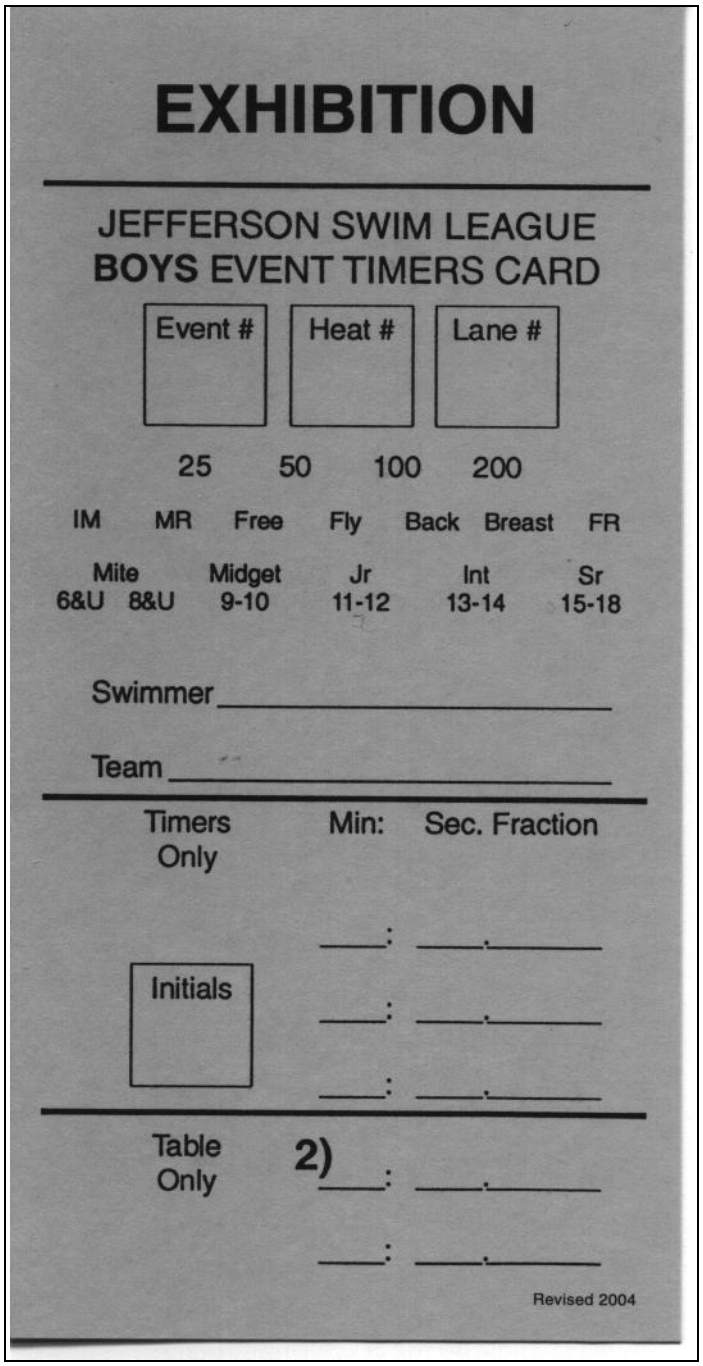
APPENDIX E1
(Revised, 2004)

JEFFERSON SWIM LEAGUE **EXHIBITION** BOYS EVENT TIMERS CARD



EXHIBITION

JEFFERSON SWIM LEAGUE
BOYS EVENT TIMERS CARD

Event # | Heat # | Lane #

25 50 100 200

IM MR Free Fly Back Breast FR

Mite 6&U 8&U | Midget 9-10 | Jr 11-12 | Int 13-14 | Sr 15-18

Swimmer _____

Team _____

Timers Only — Min: Sec. Fraction

Initials

____: ____.____
____: ____.____
____: ____.____

Table Only 2)

____: ____.____
____: ____.____

Revised 2004

(Printed as Light Blue Card)

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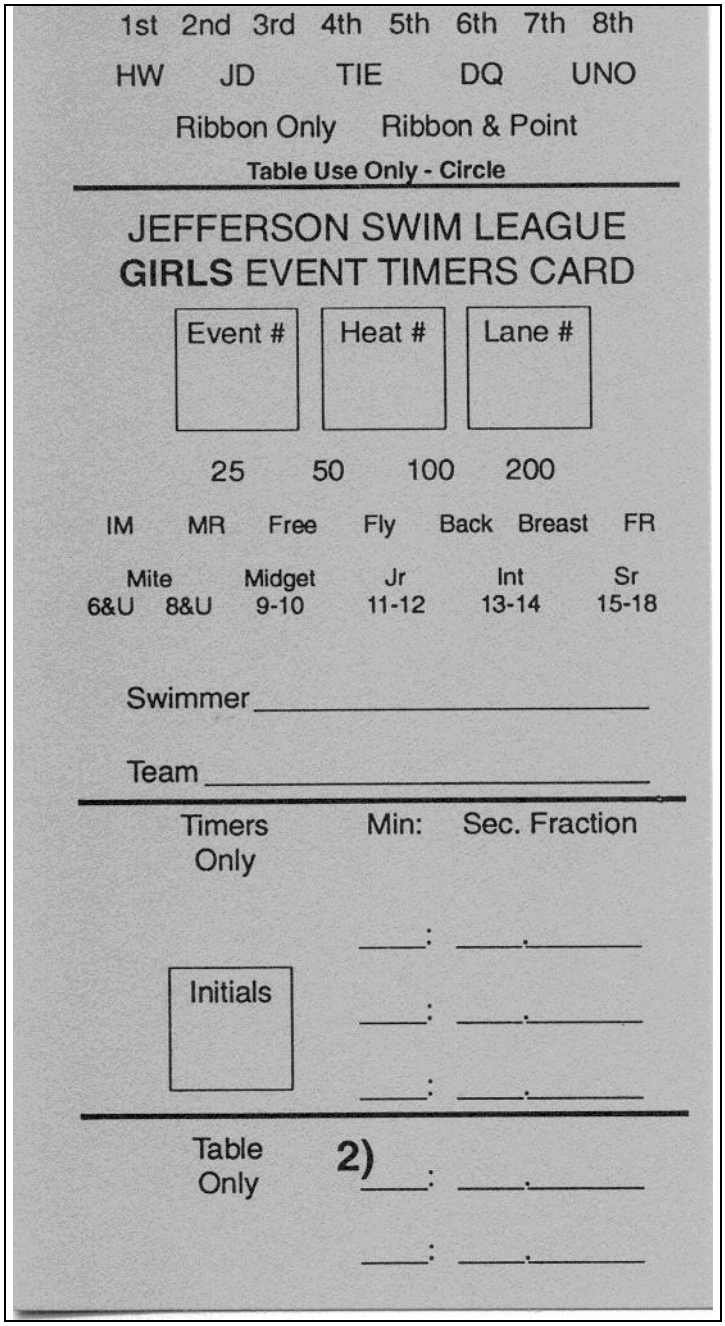
APPENDIX F
(Revised, 1993)

JEFFERSON SWIM LEAGUE **GIRLS** EVENT TIMERS CARD



1st 2nd 3rd 4th 5th 6th 7th 8th

HW JD TIE DQ UNO

Ribbon Only Ribbon & Point

Table Use Only - Circle

JEFFERSON SWIM LEAGUE
GIRLS EVENT TIMERS CARD

Event # | Heat # | Lane #

25 50 100 200

IM MR Free Fly Back Breast FR

Mite 6&U 8&U | Midget 9-10 | Jr 11-12 | Int 13-14 | Sr 15-18

Swimmer _____

Team _____

Timers Only — Min: Sec. Fraction

____: ____.____

Initials

____: ____.____

____: ____.____

Table Only — 2)

____: ____.____

____: ____.____

(Printed as Light Pink Card)

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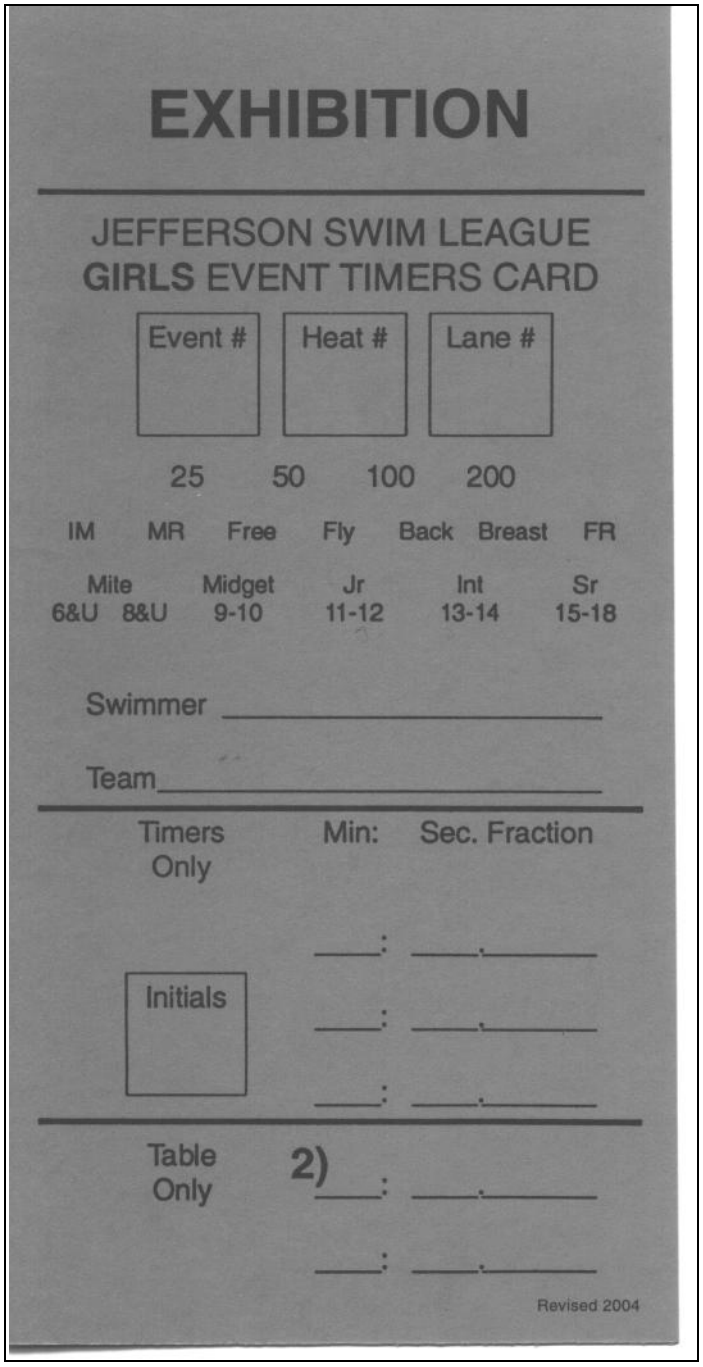
APPENDIX F1
(Revised, 2004)

JEFFERSON SWIM LEAGUE **EXHIBITION** GIRLS EVENT TIMERS CARD



EXHIBITION

JEFFERSON SWIM LEAGUE
GIRLS EVENT TIMERS CARD

Event # | Heat # | Lane #

25 50 100 200

IM MR Free Fly Back Breast FR

Mite 6&U 8&U | Midget 9-10 | Jr 11-12 | Int 13-14 | Sr 15-18

Swimmer _____

Team _____

Timers Only — Min: Sec. Fraction

____: ____._____

Initials

____: ____._____

____: ____._____

Table Only — 2)

____: ____._____

____: ____._____

Revised 2004

(Printed as a Light Pink Card)

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APPENDIX G
(Revised, 2007)

RECOMMENDED TIMING PROCEDURES FOR JEFFERSON SWIM LEAGUE

In dual meets there MUST be three timers in each lane PLUS the designated head timer(s). Beginning with the 2005 season, the official times are the primary determination of place (finish position) with sweep judges as secondary. In dual meets where less than half of the lanes are covered by three timers, the sweep judges will be considered the primary method of determining place. It must be noted that this situation will slow down the work at the table. If enough timers are not available, a MINIMUM of two per lane is required (otherwise the event cannot be swum) with any extras assigned to the center lanes. More experienced timers should be assigned to the center lanes and also paired with beginners when possible. The Head Timer organizes timers prior to the meet, gives out watches, gives instructions, answers questions, assigns lanes, and serves as a backup timer.

Beginning in 2007, a new method of timing and recording was developed using TWO watches (one blue and one green) per timer. The timer starts one watch (e.g. blue) for heat #1 and that watch is stopped, but not cleared, at the end of the heat. The following heat #2 is then started on the other cleared watch (e.g. green). Once that heat #2 is in the water, the times from the previous heat #1 are recorded from the blue watch and that watch is cleared. When the following heat #2 is complete, the green watch is stopped, but not cleared. The next heat #3 is started on the cleared blue watch. Once that heat #3 is in the water, times from heat #2 are recorded from the green watch and that watch is cleared. This process continually repeats itself throughout the meet with the timers not recording times from heats until the following heat is started with another watch. Timers must keep one cleared watch available at all times so as not to delay the start of any heat.

I. One timer in each lane should have a small clipboard and a pencil. This timer takes the timing card from the swimmer and verifies name, event, heat and lane and initials the card in the upper right-hand corner to confirm this information. In addition, this timer will record all times given by each timer at the end of the race and initial the “Initials” box verifying the accuracy of those times.

2. All timers should clear their watches after the time has been recorded and pay attention to the Starter. If you are not prepared to time or can not see the CTS start system when the Starter asks, “Timers and Judges ready?” you should raise your hand and attract the starter.

3. All timers should concentrate on the strobe light of the CTS starting system and not rely on the sound.

4. Start your watch from the flash of the strobe light (or flash of the gun, if used). As stated above, you should not rely on the sound as a partial second will be lost. If you miss the start or your watch is not running properly, you should call for the head timer to take your place. It is not possible to guess time missed at the start.

5. Stop your watch at the end of the race when any part of your swimmer’s body touches the end wall OR passes over the edge of the pool or gutter. Keep in mind that many races are multi-lap events – do not stop your watch until the completion of the last lap.

6. Remember that times are not given to the time recorder until AFTER THE BEGINNING OF THE NEXT HEAT. Do NOT clear your watch until all of the times are recorded. Obviously common sense must prevail if a swimmer has finished well before the end of the heat, times may be recorded prior to the start of the next heat.

7. Times should be given to the timer holding the swimmer’s card by calling out readings completely (e.g. “2 minutes, 8 seconds, and 34 hundredths. Do not clear your watch until all times are recorded. You may tell a swimmer his/her time, but be certain to say that it is unofficial.

8. The timer holding the swimmer’s card must initial the card and give it to the runner.

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APPENDIX H
(Added, 2005)

JSL Guidelines for Special Needs Swimmers

The Jefferson Swim League has a long history of accommodating swimmers with special needs. In fairness to these swimmers and the other swimmers who participate, the following guidelines were adopted by the JSL Board at its April 3, 2005 meeting:

Under Article VI of the JSL Bylaws:

13. The Meet Director has the authority to modify the rules for the swimmer with a disability using the guidelines under Article 105 of USA Swimming Rules and Regulations. Additional modifications may not be made unless the swimmer swims as exhibition. *(Revised, 2005)*

The Board confirmed that the following additional modifications beyond those allowed by Article 105 of the USA Swimming Rules and Regulations will result in the swimmer being classified as exhibition:

- Obtaining physical assistance (e.g., kickboard, flotation device, etc)
- Obtaining personal assistance (e.g., another swimmer assisting the swimmer in the water during the race)
- Swimming down in a lower age group (e.g., a 9-year old swimming as a mite)
- Swimming a shorter distance (e.g., swimming 25m in a 50m race)

Additionally the Executive Committee (via email to the President) must be notified of the child and the special needs of that child. That information will be communicated to the full Board.

Swimmers who have been granted additional modifications beyond those allowed by Article 105 of the USA Swimming Rules and Regulations are eligible for time improvement or super swimmer ribbons, but not place ribbons or points. The coach is responsible for ensuring that the swimmer is entered as exhibition and that an exhibition timing card is used. These swimmers are also eligible to swim in the Championship provided they have swum in at least two League meets. It is important to note that special needs swimmers who are only granted accommodations as described under Article 105 of the USA Swimming Rules and Regulations are fully eligible for all awards and points and are, of course, eligible to swim the Championship provided they have swum in at least two League meets.

Coaches are responsible for notifying the appropriate officials (Referee, Meet Directors, Starter, Head Stroke-&-Turn Judge, etc) of the name, team, and accommodation of any special needs swimmers prior to the start of the meet. This will prevent unnecessary embarrassment to the swimmer or officials due to inappropriate disqualifications.

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APPENDIX H1
(Added, 2007)

Procedure for Entering Special Needs Swimmers

The swimmer must be registered with his/her correct birth date with the JSL.

The President of the JSL must be notified via email of the swimmer's name, team, and special accommodation prior to the first meet of the season.

The team entering the special needs swimmer(s) must notify the team hosting the meet so that the swimmer(s) can be appropriately placed in the proper event.

The swimmer(s) must be entered by his/her team in an event in the meet so that the swimmer(s) will be on the Meet Entries file submitted to the JSL by the appropriate meet entry deadline.

The entering team must inform the host team which event the swimmer(s) should be entered into and remind the host team to seed the swimmer(s) into an outside lane if desirable. This can be done in a word for windows document that can be submitted at the time of meet entries.

The person who is responsible for the pre-meet work in Meet Manager must do the following:

1. Locate the swimmer(s) in the Meet Manager database.
2. At the top of the screen a section called "entries" can be seen.
3. Select "All entries". This selection will allow the swimmer(s) to be entered in any event regardless of event age.
4. Make sure that the swimmer is removed from the event in which he/she was originally entered.
5. When entering the swimmer in the desired event, make sure that the swimmer is entered as an exhibition swimmer if any accommodations are made which exceed those in Article 105 of the USA Swimming Rules.
6. Exhibition swimmers are always seeded last (in the slowest heat), but the event will have to be adjusted to ensure that the swimmer is seeded into an outside lane if so desired by the entering team.
7. If the swimmer is entered in any event **other than the short free**, that swimmer counts toward the team's total entry for that event. If the swimmer is swimming out of age group or receives any accommodations which exceed those in Article 105 of the USA Swimming Rules, he/she must be entered as exhibition.

It is the coach's responsibility to notify the referee and all appropriate officials of swimmers who are receiving any special accommodations before the start of the meet.

Please direct any questions to Jessica Simons at jrsimons@comcast.net or 295-1582

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APPENDIX J
(Revised, 2005)

IMPORTANT NOTE: Beginning with the 2005 season this form should only be used when there are three timers in less than half of the lanes. If there are three timers in half or more of the lanes, the times will be the primary determination of place (order of finish), not the sweep judges, and balloting is not necessary.

JSL BALLOT FORM

EVENT#_____ **HEAT #_____**

LANE NUMBER	JUDGE 1 PLACEMENT	JUDGE 2 PLACEMENT	TIME PLACEMENT	TOTAL POINTS	JUDGE'S DECISION

EXAMPLE:

Both Sweep Judges say Lane 3 is first, Lane 6 is 5th, and Lane 1 is 6th. Lanes 3, 6, and 1 will not be involved in the ballot. The judges disagree on Lanes 2, 4, & 5 (2nd, 3rd,& 4th) and a ballot is required. Use the blank form above and list the lanes involved in balloting in the left column and corresponding position placements in the proper columns. Add all placements across and put total in "Total Points" column. Rank is determined as LOWEST number of points is the highest place finish in ballot, etc. down to highest number of points is the lowest place finish in ballot. If two totals are equal, it is a tie for that place.

Judge 1 Card	Judge 2 Card	Timers Card	
1st = Lane 3	1st = Lane 3	1st = Lane 3 (29.20)	Sweep Judges agree
2nd = Lane 4	**2nd = Lane 2**	**2nd = Lane 4 (31.00)**	**Must Ballot**
3rd = Lane 2	**3rd = Lane 5**	**3rd = Lane 5 (31.10)**	**Must Ballot**
4th = Lane 5	**4th = Lane 4**	**4th = Lane 2 (31.15)**	**Must Ballot**
5th = Lane 6	5th = Lane 6	5th = Lane 6 (32.65)	Sweep Judges agree
6th = Lane 1	6th = Lane 1	6th = Lane 1 (34.80)	Sweep Judges agree

LANE NUMBER	JUDGE 1 PLACEMENT	JUDGE 2 PLACEMENT	TIME PLACEMENT	TOTAL POINTS	JUDGE'S DECISION
2	3	2	4	9	3rd
4	2	4	2	8	2nd
5	4	3	3	10	4th

Actual order of finish for example heat is:

1st = Lane 3 (Mark card as first)
2nd = Lane 4 (Mark card as 2nd and Judges Decision "JD")
3rd = Lane 2 (Mark card as 3rd and Judges Decision "JD")
4th = Lane 5 (Mark card as 4th and Judges Decision "JD")
5th = Lane 6 (Mark card as 5th)
6th = Lane 1 (Mark card as 6th)

(Printed as Lt. Blue 8 1/2" x 11")

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APPENDIX K
(Revised, 2004)

Individual Event Label Examples
(one for each swimmer 1st – 16th)

Place: 1st Time: 1:29.96
#3 Boys 9-10 100 SC Meter IM
Spinosa, Michael D 10
Boar's Head Swim Team – 07/19/2000
FCC@BHSC

Place: 2nd Time: 1:35.62
#3 Boys 9-10 100 SC Meter IM
Timko, Matthew O 9
Farmington Country Club – 07/19/2000
FCC@BHSC

Place: 3rd Time: 1:37.71
#3 Boys 9-10 100 SC Meter IM
Luck, William A 10
Boar's Head Swim Team – 07/19/2000
FCC@BHSC

Relay Event Label Examples
(1 label for each swimmer, 4 / team)

Place: 1st Time: 1:53.13
#1P Mixed 6 & Under 100 SC Meter Frees
Von Quillfeldt, Anniken H 6
Farmington Country Club – C 07/19/200
FCC@BHSC

Place: 1st Time: 1:53.13
#1P Mixed 6 & Under 100 SC Meter Frees
White, James J 6
Farmington Country Club – C 07/19/200
FCC@BHSC

Place: 1st Time: 1:53.13
#1P Mixed 6 & Under 100 SC Meter Frees
Satterfield, Calvin 6
Farmington Country Club – C 07/19/200
FCC@BHSC

Place: 1st Time: 1:53.13
#1P Mixed 6 & Under 100 SC Meter Frees
Lesemann, Katie 5
Farmington Country Club – C 07/19/200
FCC@BHSC

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APPENDIX L
(Added, 2008)

NOAA RADIO INFORMATION AND GUIDELINES

(adopted by the JSL Board at its June 1, 2008 meeting)

JSL provides all teams with a First Alert WX-150 Radio for use during swim meets. This radio displays National Oceanic and Atmospheric Administration (NOAA) civil and emergency alert text messages on its LCD screen. When an alert is received, a siren sounds and the radio automatically switches to voice broadcast. Messages are identified by one of three color-coded LED lights as follows: "Advisory" (yellow), "Watch" (orange), or "Warning" (red). Meet Directors are expected to be familiar with its operation and have the radio on and fully operational during arrival, warm-ups, swim meet, and the period immediately following the meet. A complete User's Manual has been distributed along with the radios and is also attached as Appendix M. As with other equipment, the radios remain the property of JSL and repair or replacement is the responsibility of the individual team.

The NOAA Radio will be properly programmed and must be tuned to Weather Band Channel 3 (162.450 MHz) to receive NOAA broadcasts for most of the areas where there will be JSL Swim meets. For teams outside of Albemarle County, a different channel may have to be selected if the NOAA Radio is not properly receiving the broadcast. There are also Specific Area Message Encoding (S.A.M.E. or FIPS) codes which enable the radio to receive messages relevant to the specific area for all JSL home meet locations. JSL will preset each team's radio based on the expected needs and location of home meets, however teams may choose to add more "SAME" or "FIPS" codes to cover more of their surrounding areas. A complete list of all Radios and pre-programmed codes is on the following page.

Meet Directors weather-related decisions are still governed by JSL Bylaws under Article VI, #17 and #18. The radio is used to supplement, but not replace, the normal common sense clues that there is a weather condition approaching which may be potentially dangerous for swim meet participants. Additionally the radio may be helpful in deciding whether to cancel a meet or wait for a storm to pass over. As always, these decisions should be made with the safety of the swimmers and participants as the main determining factor.

1. The Host Team's NOAA Radio must have working batteries installed (battery warning light off) and plugged into a working power outlet at poolside (specifically the scoring table) where a number of officials would be able to monitor & hear any alert sirens. The radio should always be accessible to the Visiting Team Meet Director and Coach.
2. The Host Team's NOAA Radio must be turned on, have the antenna extended, and be fully operational during arrival, warm-ups, swim meet, and the period immediately following the meet until the participants have generally left the area.
3. The Host Team Meet Director must push the "Listen" button to confirm that a signal is being received and adjust the antenna for maximum signal. (The "listen" button may be pushed again to cut the voice broadcast off during the meet.)
4. Immediately after the sound of any alert siren, the Meet Directors must be notified and listen to any voice alerts.
5. Depending on the nature of an alert or current weather observations, *"The Host Team Meet Director shall be responsible for making and implementing all decisions regarding weather issues" (Article VI, #17)*. These decisions include, but are not necessarily limited to:
    a. when to stop the meet in the event of thunder or lightning
    b. how long to stop the meet after the observation of thunder or lightning or rain hard enough to obscure the bottom of the pool (minimum 15 minutes after thunder or lightning)
    c. where to direct participants when the pool area needs to be cleared
    d. when to resume the meet after a weather delay

    Note that host pools may have stricter policies which must be followed regarding the above.
6. In the event that a meet may not be able to continue, *"The Home Meet Director in conference with the Visiting Team Meet Director(s) will decide when a meet shall be suspended due to inclement weather or other circumstances (Article VI, #18)*.
7. It is expected that the Meet Directors will jointly reach the best decision for the safety of the meet participants based on all available information, not just the NOAA Radio.
8. It is recommended that visiting teams always take their NOAA Radios to away meets to serve as a backup.
9. Although the NOAA Radios have been specifically issued for use at JSL swim meets, the JSL Board does not discourage further use of the radios on the team's premises for other functions such as daily practices, etc.

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APPENDIX N

(Revised June 1, 2008)

2008 JSL Gold Time Standards

Event #	Boys Gold Times			Age/Distance/Stroke	Girls Gold Times			Event #
	25 Y	25 M	50 M		50 M	25 M	25 Y	
3	1:36.84	1:47.49	-	9-10 100 IM	-	1:42.60	1:32.44	4
5	1:24.01	1:33.25	-	11-12 100 IM	-	1:30.07	1:21.14	6
7	1:11.31	1:19.15	-	13-14 100 IM	-	1:23.75	1:15.45	8
9	1:04.88	1:12.02	-	15-18 100 IM	-	1:22.41	1:14.24	10
210	24.85	27.58	27.58	6 & Under 25 Free	27.97	27.97	25.20	220
21	17.92	19.89	19.89	8 & Under 25 Free	20.95	20.95	18.87	22
23	35.38	39.28	40.08	9-10 50 Free	40.43	39.63	35.70	24
25	31.81	35.31	36.11	11-12 50 Free	36.15	35.35	31.85	26
27	27.36	30.37	31.17	13-14 50 Free	33.69	32.89	29.63	28
29	24.94	27.68	28.48	15-18 50 Free	32.33	31.53	28.40	30
31	21.88	24.29	24.29	8 & Under 25 Fly	25.15	25.15	22.65	32
33	46.46	51.57	52.27	9-10 50 Fly	47.30	46.60	41.98	34
35	38.66	42.91	43.61	11-12 50 Fly	41.06	40.36	36.36	36
37	31.97	35.49	36.19	13-14 50 Fly	37.91	37.21	33.52	38
39	28.16	31.25	31.95	15-18 50 Fly	36.25	35.55	32.02	40
410	30.78	34.16	34.16	6 & Under 25 Back	31.59	31.59	28.46	420
41	23.28	25.84	25.84	8 & Under 25 Back	25.85	25.85	23.29	42
43	42.88	47.60	48.20	9-10 50 Back	48.05	47.45	42.75	44
45	39.60	43.95	44.55	11-12 50 Back	42.67	42.07	37.90	46
47	35.30	39.18	39.78	13-14 50 Back	40.11	39.51	35.59	48
49	30.59	33.95	34.55	15-18 50 Back	38.95	38.35	34.55	50
51	25.05	27.81	27.81	8 & Under 25 Breast	28.61	28.61	25.78	52
53	48.14	53.44	54.44	9-10 50 Breast	52.94	51.94	46.79	54
55	43.40	48.17	49.17	11-12 50 Breast	46.61	45.61	41.09	56
57	36.69	40.73	41.73	13-14 50 Breast	44.64	43.64	39.32	58
59	33.50	37.19	38.19	15-18 50 Breast	43.24	42.24	38.06	60
61	41.28	45.82	46.62	8 & Under 50 Free	49.25	48.45	43.65	62
63	1:24.43	1:33.71	1:35.31	9-10 100 Free	1:31.63	1:30.03	1:21.11	64
65	1:12.63	1:20.62	1:22.22	11-12 100 Free	1:19.88	1:18.28	1:10.52	66
67	1:02.23	1:09.08	1:10.68	13-14 100 Free	1:15.02	1:13.42	1:06.14	68
69	55.37	1:01.46	1:03.06	15-18 100 Free	1:10.57	1:08.97	1:02.13	70

Prepared by Chip Grobmyer

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JSL Sportsmanship Rating Form

APPENDIX O

(Revised June 4, 2003) (Revised, 2004)

Good sportsmanship has always been a core value of the JSL. As part of an ongoing effort to recognize and reward good sportsmanship within the Jefferson Swim League, both visiting and host Meet Directors are required to independently fill out the following form at the conclusion of each swim meet. This should reflect a fair, honest, and objective appraisal of the opposing team's conduct prior to, during, and following the swim meet. You also will rate your own team in the last section, although those scores will NOT count towards the end-of-season JSL Sportsmanship Awards. **You will be notified via email and given a password to access this form on www.jsl.org.** ONLY If you are unable to access the internet, please complete, fold correctly, tape closed, and mail to the current webmaster within 24 hours using this form. Print clearly, circle appropriate scores, and don't forget to apply the required first class postage.

This form completed by _____ Team _____

Meet Date _____ Host Team _____ Visiting Team(s) #1 ____ #2____

Rating for opposing Team _____	**Disagree**		**Neutral**		**Agree**
The opposing team treated our team fairly and respectfully.	1	2	3	4	5
The opposing team helped make this meet a rewarding experience for our swimmers.	1	2	3	4	5
The opposing team was gracious in winning/losing.	1	2	3	4	5
The opposing team adhered to JSL rules and regulations without stretching boundaries.	1	2	3	4	5
The opposing team provided a healthy and challenging experience for our swimmers.	1	2	3	4	5
Our team really enjoyed swimming against this opposing team.	1	2	3	4	5

If this were a Tri-meet, rate the other opposing team

Rating for opposing Team _____	**Disagree**		**Neutral**		**Agree**
The opposing team treated our team fairly and respectfully.	1	2	3	4	5
The opposing team helped make this meet a rewarding experience for our swimmers.	1	2	3	4	5
The opposing team was gracious in winning/losing.	1	2	3	4	5
The opposing team adhered to JSL rules and regulations without stretching boundaries.	1	2	3	4	5
The opposing team provided a healthy and challenging experience for our swimmers.	1	2	3	4	5
Our team really enjoyed swimming against this opposing team.	1	2	3	4	5

Rate your own team (score does not count)

Rating for <u>your own</u> Team _____	**Disagree**		**Neutral**		**Agree**
Our team treated the opposing team(s) fairly and respectfully.	1	2	3	4	5
Our team helped make this meet a rewarding experience for the opposing team's swimmers.	1	2	3	4	5
Our team was gracious in winning/losing.	1	2	3	4	5
Our team adhered to JSL rules and regulations without stretching boundaries.	1	2	3	4	5
Our team provided a healthy and challenging experience for the opposing team's swimmers.	1	2	3	4	5
The opposing team(s) really enjoyed swimming against our team	1	2	3	4	5

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Tidbits for the Referee

Appendix P

(Contributed by Kevin Hogan)

(Added June 1, 2006)

1. Know the rules, know the interpretations, know them cold.

   If you are unsure of what something means, find out before you need to know.

2. Coaches aren't stupid.

   But coaches don't always know the rules either. See #1 above. Knowledge is power.

3. Referees aren't god (god on deck).

   Power is tempered with responsibility.

4. Questions of S&T Judges should be in the context of the "three questions."

   What was your jurisdiction?

   What did you see?

   What rule was violated?

5. Use rule-specific descriptions and not "short-hand" to describe a violation.

   It is illegal to finish the backstroke leg of the IM on stomach; it is not illegal to perform a flip turn at the back-to-breast transition. Saying that someone was disqualified for performing a flip turn under such circumstances is wrong, they should be disqualified for not finishing the backstroke leg on their back.

6. Almost illegal IS legal.

   Let it go. Pushing the limits of the rules is okay as long as the action is within the rules.

7. Coaches are paid to be advocates for their athletes.

   Expect and allow coaches to be passionate advocates. Passion should not, however, translate into tirades, abuse, or other disrespectful behavior.

8. Listen, repeat, explain.

   Listen and focus on what the coach is saying.

   Repeat back the gist of what was said.

   Explain your ruling in the context of the rules.

   Do NOT be dismissive.

9. Treat every discussion with a coach as a unique encounter.

   Some argue less, some argue more, but each problem should be handled in the context of its own merits.

10. If you make a mistake, admit it, fix the problem, and move on.

    Wrong and stubborn doesn't make you a better Referee.

    If you learn from your mistakes you'll grow as an official.

11. Be proactive, not reactive.

    A problem prevented is an issue that doesn't have to be fixed later.

12. If it isn't prohibited by the rules it is legal.

    Unless the rules specifically prohibit something that is new, novel, different, unexpected, etc., it is legal. See also #5 above.

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Stroke-and Turn Judge Guidelines

APPENDIX Q

(Contributed by Kevin Hogan) (Added June 1, 2006)

Philosophy of Officiating

- The rules "are designed to provide fair and equitable conditions of competition and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another."
  - Judging should be consistent among different officials at a meet
  - Judging should be consistent at different meets
  - All of the rules are enforced, we don't individually choose to enforce some rules and ignore others
  - The rules are enforced across all age groups and levels of ability
  - Officials should be neutral in their enforcement of the rules; don't favor your team over teams, don't favor your child over other children
- The benefit of the doubt always goes to the swimmer
  - Rule infractions don't result in a loss of yardage, foul shots, time in a penalty box, time penalties, etc.; they result in disqualification
- Call what you see, not what you don't see
- Ugly ain't (necessarily) illegal
- If it isn't specifically prohibited by the rules, it is legal
- Know the rules; review the rules before meets

Dress

- White shirt/blouse
- Blue shorts/pants/skirt
- White socks and shoes, or sandals

Placement, Jurisdiction and Rotation

- Will be determined by the Referee or Head Stroke & Turn official at meet
- Stroke judge has flag-to-flag jurisdiction
  - 1 on each side of pool, each covering the lanes on that side of the pool
  - Walk flag-to-flag, generally lagging behind the slowest swimmer
- Turn judge has wall-to-flag jurisdiction
  - Cover 2-4 lanes as assigned
    - Stand at the middle of the lanes being covered
- Rotation is determined by the Referee or Head stroke & turn official, but generally occurs after each girls event and in a clockwise direction
- Equal time should be spent observing each of the swimmers within your jurisdiction
  - If one or more lanes are empty, an equal amount of time should be spent on the empty lane(s)
  - Observe similar aspects of the swim
- When working, your full attention should be on the swimmers when they are within your jurisdiction
- Don't wonder off when you're suppose to be working

Disqualifications

- Most disqualifications will be for violations of the technical rules governing the basic strokes, although additional DQs include the following:
  - Not starting and finishing in the same lane (otherwise any portion of the swim may be completed in a different lane)
  - Obstructing another swimmer by swimming across or interfering with them
  - Grasping the lane dividers to assist forward motion
  - Standing on the bottom is prohibited in any race except freestyle, and the swimmer may not walk or spring from the bottom

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Stroke-and Turn Judge Guidelines APPENDIX Q (continued)

- Raise hand overhead on observing a violation of the rules that occurs within your jurisdiction
  - If you're hesitant in raising your hand, the call was probably too close to make, the benefit of the doubt goes to the swimmer, therefore no call
  - If you raise your hand and then decide that it was not an infraction, you do not have to make the call
  - Serves to notify the Referee and coaches that a call has been made
- After signaling a DQ, continue to observe all swimmers until they are no longer within your jurisdiction as additional violations by the same or a different swimmer may be observed
- Fill out DQ slip and note swimmers name, event #, heat #, lane #, infraction, and your name
- Confirm the name of the swimmer with the seed card
  - We will not talk to the swimmers this year
- At meets without a Referee the DQ slips should be left with the timer or a runner
- At meets with a Referee all potential disqualifications must be reported to the Referee who will either accept or deny the disqualification
  - Be prepared to report: (1) your jurisdiction; (2) what you saw; and (3) what rule was violated
  - If your call is questioned by the Referee, please remember that it is not personal; the Referee is doing his/her job
  - If your call is overturned, take it as a learning experience
- Disagreements over calls
  - Coaches should dispute a call, not parents
  - When it does not interfere with your ability to judge swimmers within your jurisdiction, you may explain the rule and your call to anyone who is being reasonable
  - Anything other than a simple inquiry should be directed to the Referee or the Host Meet Director (meet without a Referee) who have the authority to uphold or overturn disqualifications
  - Listen, you might learn something
  - Don't be afraid to withdraw a disqualification if you made a mistake, but don't feel the need to back down from a call that you believe was made correctly

Relay Takeoff Judging

- Dual confirmation is used in which two officials, preferably from different vantage points, observe the relays for early takeoffs
- When the toes of the outgoing swimmer leave the blocks, look down to determine if the incoming swimmer has touched the wall
- If you observe an early takeoff, mark the corresponding swimmer and lane number
- At the end of the race, compare your observations with the observations of the other official covering the same lanes
- If both officials agree that the same swimmer took off early, it is a disqualification, if only one official observed an early take off, it is not a disqualification
- When dual confirmation is being used to judge takeoffs, the hand is not raised on observing an early takeoff

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Good Starting Procedure

Appendix R

(Contributed by Kevin Hogan)

(Added June 1, 2006)

- Work with the Referee and Clerk of Course to ensure a steady flow of swimmers
- Speak in a conversational tone ("take your mark" should be said with the same emphasis as "shut the door")
- Invite the swimmers to swim, do not command them
- For the forward start, the feet can be anywhere on the block prior to "take your mark", but at least one foot must be at the front of the block after the "take your mark" command has been given
- The forward start may be from the block, the deck, or in the water (for the latter start at least one hand must be in contact with the wall or starting platform
- For the backstroke start, the hands must be placed on the gutter or on the starting grips
- For the backstroke start the toes must not be over the lip of the gutter before or after the start
- Before the start, the starter is responsible for toes not being over the lip of the gutter, after the start the turn judge is responsible for toes over the gutter
- When the swimmers are stationary, give the starting signal (note: "stationary" not "motionless")
- Do not attempt to "catch" swimmers on their starts
- A swimmer accidentally falling off the blocks prior to the "take your mark" command should not be penalized with a false start
- If one or more swimmers are slow to take their mark, or are otherwise unstable, say "stand" (forward starts) or "relax" (backstroke starts) and allow the swimmers to regroup.
    - If the heat is stood up again for the same problem, issue a generic warning, for example "please respond promptly to my command and remain motionless for the start"
    - If the heat is stood up a third time for the same problem, warn the individual swimmer if it is the same person, for example "lane 3, please….
    - Additional problems with the same swimmer may result in a delay of meet disqualification
- If a swimmer leaves their mark early and the starting signal is subsequently given, the heat must be recalled by activating the recall horn (note that the Referee may also initiate a recall by blowing his/her whistle)
- If a heat is recalled for a false start:
    - Determine if there is a dual confirmation; if not, no false start has occurred
    - If it is a swimmer's second false start, the swimmer is disqualified and they may not swim
    - Step the swimmers back up/in and if there was a false start announce "false start, lane #", and restart as usual
- If a swimmer leaves their mark prior to the sounding of the starting signal
    - Stand the heat
    - Determine if there is dual confirmation that a false start has occurred (slipping off the block, for example, is not a false start)
    - If it is a swimmer's second false start, the swimmer is disqualified and they may not swim
    - step the offending swimmer back up/in if it is their first false start (or not a false start), announce "false start, lane #", and restart as usual
- If a swimmer leaves their mark early in reaction to the movement of another swimmer, or in reaction to the "stand" or "relax" command, that swimmer may be relieved of a false start
- False starts are called on the individual swimmer, not on the field
- If a swimmer is charged with two false starts in the same heat, the swimmer is disqualified and may not swim in the race
- A swimmer who deliberately enters the water early (for example, before the "take your mark" command is completed) may be disqualified for delay of meet (this is NOT a false start and only has to occur once for a DQ)

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Whistle Starts

(Contributed by Kevin Hogan)

Appendix S

(Revised June 1, 2008)

General

The Referee should stand next to the Starter, with the Starter given first preference as to where he/she is positioned. The Referee controls the flow of the meet and is responsible for getting the swimmers onto the blocks. The Starter is responsible for ensuring that all swimmers get a fair start.

Verbiage

With the exception of making needed meet announcements (for example, events to report to Clerk of Course), the Starter should try to limit any verbiage to that given below. Routine use of "step up" for example generally results in swimmers ignoring the whistle commands.

The announcement of event #, gender, distance, and stroke should immediately follow the 4-5 whistle chirps. Use the singular for distance (yard, not yards; meter, not meters). Use the complete event name, not an abbreviation (Individual Medley, not IM; Freestyle, not Free; Breaststroke, not Breast; Backstroke, not Back; Butterfly, not Fly or Butter).

Closing the Heat

When all the swimmers in a heat have stepped onto the blocks/into the water, the Referee fully extends his/her arm (the one closest to the Starter) towards the Starter which then gives control of the heat to the Starter. It is then the Starter's responsibility to ensure a fair start for all the swimmers.

Once the Referee's arm has been fully extended towards the Starter the heat is said to be closed. Swimmers stepping onto the blocks/into the pool after this point can be disqualified for a delay of meet. For this reason it is extremely important that the Referee not rush this procedure if all the expected swimmers are not immediately on the blocks/in the water. Waiting a reasonable amount of time is all it usually takes for the missing swimmer to show up. In practice, unless a swimmer arrives after the Starter has begun saying "take your mark", it is best to keep moving. Also, we don't penalize swimmers for mistakes made by officials. If a swimmer is told the wrong heat number by a timer, blocked in their ability to get to the block (three large adult timers, exiting swimmers, runners, etc. can all be intimidating roadblocks for a six year old) etc., the swimmer should be allowed to swim, even if it means swimming them in a different or extra heat.

Common sense should prevail, particularly as we implement this new starting procedure. Everyone would prefer that the swimmers swim rather than miss their heat. The bottom line is that unless a swimmer is willfully ignoring the starting signals or is otherwise involved in extracurricular activities behind the blocks, it is best to let them swim. If a delay of meet disqualification is made (or not made), however, it is important that any similar circumstances be treated the same way throughout the meet.

False Starts

False starts should be recalled, and the recall can be initiated by either the Referee or Starter. Dual confirmation by both the Referee and Starter is required to charge a swimmer with a false start. The Referee and Starter should independently mark their heat sheets as to the lane(s) false starting and a false start should be called only if there is agreement between the two officials. No discussion should take place, there is either agreement or there isn't.

A swimmer must false start twice to be disqualified for a false start. False starts are charged to the individual swimmer and not to the field, thus more than one recall could occur without a swimmer being disqualified for a false start.

Delay of Meet vs. False Start

A swimmer who delays the start by entering the water "just for the fun of it" (for example, purposely dives in before the Starter finishes saying "Take your mark") can be disqualified for "delay of meet." This is not the same as a false start and does not require two instances for it to be a disqualification. The Referee must be certain that this was a case of "hot dogging" and not a legitimate false start.

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Whistle Start Protocol

(Contributed by Kevin Hogan)

Appendix T

(Revised June 1, 2008)

For the first heat of an event:	
Referee:	4-5 whistle chirps (modulate volume as needed and appropriate). *The whistle blasts signify that it is time for the next heat to get ready to step onto the blocks or into the water. These should generally occur about the time the slowest swimmer in the water is crossing under the backstroke flags at the start end of the pool. If the last heat of an event is swimming the blasts can come a little earlier so that the Starter has more time to announce the event number, gender, distance, stroke and heat number.*
Starter:	"Event (*number), (gender), (distance), (stroke)*. Heat 1."
Referee:	1 long whistle (modulate volume as needed but must be loud enough to be heard). *This is the signal for the swimmers to step onto the blocks or into the water. This whistle should occur when the slowest swimmer in the water finishes.* Additional long whistle if backstroke or medley relay. *This is the signal for the swimmers to return to the wall and to position their feet. You shouldn't wait until all the swimmers are at the wall; it doesn't mean place your feet, it means get to the wall and get ready to swim.* When all the swimmers are on the blocks/at the wall, fully extend your arm towards the Starter. *This signals that the heat is closed and the swimmers are now under the control of the Starter.*
Starter:	"Take your mark." When all the swimmers become stationary, sound the starting signal "BEEP".
	Swimmers swim…

For subsequent heats of the same event number (note that italicized comments above apply to the corresponding signals below):	
Referee:	4-5 whistle chirps.
Starter:	"Heat *(number)*." *Starting with heat 2, only the heat # is announced. Do not announce gender, distance, or stroke.*
Referee:	1 long whistle. Additional long whistle if backstroke or medley relay. When all the swimmers are on the blocks/at the wall, fully extend your arm towards the Starter.
Starter:	"Take your mark." Starting signal.
	Swimmers swim….
Continue in this pattern until all heats of this event have been swum. *After all heats of a given event have been swum, recycle back to the instructions for the first heat of the next event.*	

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USA Swimming Rules & Regulations

Changes and Interpretations for 2008

(Contributed by Kevin Hogan)

Appendix U

(Revised June 1, 2008)

The 2008 USA-S Rules & Regulations went into effect 15 May 2008. Those with a sharp eye or good memory will notice that the portions of the breaststroke and backstroke rules have been reworded. The intent of the wording differences is that they are clarifications meant to make the rule easier to understand. The wording differences are not meant as material changes to the rules. Practically speaking this means that we have the same rule before and after the re-wording and there is no change in the interpretations or enforcement of the rules.

This intent is reinforced on the inside cover of the 2008 rule book where these rewordings are not mentioned under the heading "Major Legislation and Rule Changes for 2008." Also, any discussion at the national level of the rewording is always framed in the context that these "are not changes" and any reference to the rewording as a rule change is corrected as being a rewording.

No new rules interpretations were issued by the Rules and Regulations Committee.

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